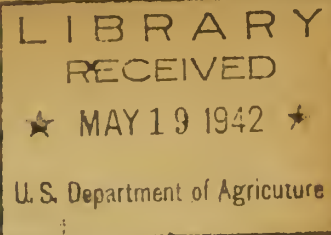


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Green Vegetables are Coming

A broadcast by Miss Emily C. Davis, Bureau of Home Economics, and Wallace Kadderly, Office of Information, Thursday, April 16, 1942, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the Blue Network.

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WALLACE KADDERLY:

And here in Washington is Emily Davis of the Bureau of Home Economics, pinch hitting again this week for Ruth Van Deman, and bringing us springtime news from the home front. Miss Davis... Green Vegetables is the subject today.

EMILY DAVIS:

From my calendar its not too soon to start thinking how to make good use of the fresh vegetables. There'll be a lot of them grown this year in Victory gardens all over the country.

KADDERLY:

And that includes more than five million farm vegetable gardens.

DAVIS:

So we know there will be a fine lot of green beans and peas, and crisp cabbage and kale to eat.

KADDERLY:

I guess every Victory gardener will be glad to see the first home grown batch of greens on his plate, and vegetables coming along after that....

DAVIS:

Every day. Don't forget the Nation's nutrition experts say - eat a green vegetable every day if you can...and more if possible.

KADDERLY:

I won't forget. I call it good eating.

DAVIS:

And it's particularly good eating of course when you get the green vegetables on the table at their very best.

KADDERLY:

That's so we'll get the vitamins and minerals just as they're packed into the food as it grows.

DAVIS:

Green vegetables taste best, too, when you eat them fresh. In fact, it's well worth while to plan ahead and use the green vegetables in meals that look good and taste good, and cook the vegetables in as many attractive ways as you can

KADDERLY:

So that's why you're counting your green vegetables now before they're up... or have I got my figure of speech mixed?

(Over)

DAVIS:

I'd rather say we're not taking a stitch in time...Cut our vegetables in time--if you must use figures of speech.

KADDERLY:

Seriously, then, I suppose the Bureau of Home Economics has put some suggestions on paper.

DAVIS:

Indeed we have. I've got them right here, in a folder prepared especially for this season.

KADDERLY:

Let's see it ... h-m-m ... green vegetables in low-cost meals...sounds attractive...and printed on green paper. That's appropriate.

DAVIS:

I thought you'd like it. The folder was prepared in cooperation with the Agricultural Marketing Administration, primarily to help low-income families use green vegetables to the best advantage. Green vegetables are very important in a nutritious diet.

KADDERLY:

Well, any consumer can find useful information in this folder.

DAVIS:

Yes, of course.

KADDERLY:

Recipes...hints about cooking. Say, here's a recipe sounds good.....

DAVIS:

Which one?

KADDERLY:

Green vegetables stuffed in a loaf of stale bread...hollow out the loaf... fill with the vegetables...moisten loaf...bake until hot and crisp. Really it isn't fair to hand a man a thing like that when he hasn't had his lunch.

DAVIS:

Maybe it isn't, but I still want to show you another recipe. Doesn't this sound good? Page 6...scrambled eggs with vegetables.

KADDERLY:

I see it right here at the bottom of the page. And the statement that it makes a good main dish for a meal, lunch or dinner. I should think it would. Right above this recipe is one of my favorites...vegetable omelet.

DAVIS:

If you like vegetable omelet, you'll like scrambled eggs with vegetables too.

KADDERLY:

Let's see...before the eggs are scrambled, combine them with a finely chopped vegetable.

DAVIS:

You can use spinach that way, or kale, or green beans, or summer squash.

KADDERLY:

I suppose the Bureau of Home Economics has been trying out all these recipes

DAVIS:

Of course. At Beltsville Research Center. The folder shows lots of ways to fit green vegetables into tasty meals from soup to salad.

KADDERLY:

I should say it does. What's this about wilted greens? Sounds like grandma's cooking.

DAVIS:

I'll bet your grandma did cook greens that way. Wilted lettuce and wilted dandelion greens were favorites in her time, and they're delicious now, too.

KADDERLY:

Vinegar, bacon fat, and onions seem to be the main things to add to the greens for wilting.

DAVIS:

They're very easy to fix, and you can eat them hot, or cold as a salad.

KADDERLY:

I'm getting hungrier, if that's possible.

DAVIS:

Then I won't mention even one more recipe. But did you notice the helpful suggestions for getting the best out of green vegetables...at the beginning of the folder?

KADDERLY:

Oh! yes. Right here...wash clean...keep crisp. I'm certainly in favor of no sand in the spinach, and having wilted greens only when the recipe and the cook mean them to be wilted.

DAVIS:

The way to keep salad greens crisp and crunchy if washed, is to wrap the greens in a clean cloth and keep them covered in a cool place.

KADDERLY:

It says here...wash green vegetables quickly and thoroughly, but never let them soak in water.

DAVIS:

Yes. Because you lose food value when vegetables stand in water.

KADDERLY: And to get rid of sand and grit, lift the vegetables up out of the washing water.

DAVIS:

That's much better than pouring the water off.

KADDERLY:

I hear now and then that soda isn't good in cooking green vegetables.

DAVIS:

No. Vitamins are destroyed when you add soda to the cooking water. You'll find that in the folder too, along with some other simple rules for good cooking.

KADDERLY:

I think I'll let the good cooks take care of the cooking rules, and I'll take care of the eating. I do best at that.

DAVIS:

That's fair enough, because there's nothing a good cook likes better than an appreciative eater.

KADDERLY:

May I offer this folder on green vegetables in low-cost meals to our Farm and Home friends, Miss Davis?

DAVIS:

Yes. Of course you may, and I hope they'll find it as useful as they did the one on dried beans and peas in low-cost meals...

KADDERLY:

Ad lib offer of folder "Green Vegetables in Low-Cost Meals." and "Dried Beans and Peas in Low Cost Meals."

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